

May 11, 2020

Dear Briarwood Families,

With the school year coming to a close, the city gradually opening back up, and yet the future still so uncertain, anxiousness is bound to be present in all of our homes. As we begin closing out the school year, we as educators and parents want our students to finish strong. But we don't want them to rush through the process just to be done. This has been an experience that we shall never forget, and one we hope our students and each of us has learned from. For us, one lesson learned has been how important flexibility, grit and perseverance has had to become part of our daily journey. We have been tested over and over again. And so today, for our last Mindful Monday of this school year, we thought we would remind you of a few things.

If you have time during your day, remember to take a moment to practice mindfulness and connect with your thoughts and feelings. Use this time to consider the quotes below and to reflect on these last few months. A short guided meditation can be found [here](#).

“Every task, goal, race and year comes to an end... Therefore, make it a habit to always finish strong.” (Gary Ryan Blair)

“If you want to conquer the anxiety of life, live in the moment, live in the breath” (Amit Ray)

“Intelligence plus character...that is the true goal of education.” (Dr. Martin Luther King, Jr.)

Take care,

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